

The Effect of 8 Week Poliometric Exercises in the Performance of Agility Skill With and Without Ball on Adult Soccer Players.

Poliometric exercises are necessary program exercises in improvement

Of physical preparation in whole sports which they need to speed and power.

Doing of these exercises are caused to development of long time and short

time program exercises in different fields of sport . These exercises are one of important sports performance so the purpose of this effect 8 weeks poliometric exercises on performance of agility skill with and without ball on adult soccer players . Method of this research is semi and application that the effect of poliometric exercises on level of agility with out ball and agility with ball has been analyzed . The current research statistics population is composed of all adult soccer players in Darab between ۲۲-۳۰ ages.

Examinations are divided into randomly two groups of poliometric $n=۱۰$ the average of ago and control group $n=۱۰$ the average of age ($۵,۲۲ \pm ۰,۵$ year) and control group $n=۱۰$ average of age ($۴,۲۲ \pm ۰,۵$ year). Poliometric group exercises soccer in additional to poliometric exercise of haunch muscles. By this way , control group practice the soccer exercises of team., for evaluating of data has been used Smirurlof colimo groof , therefore, the significant difference in primary amount wasn't observed . The poliometric tests were used for observing the changes of variables . In analyzing of hypothesizes were used dependent T-test for changing in group and independent T-test for change statistics with SPSS software version of ۱۹. Results showed that for changes statistics exercise are caused decreasing of significant agility time with and without ball. ($p<0.05$) . Generally we can express that for increasing of Soccer players agility , poliometric exercises can be added as embodiment exercises in trainers schedule.

Which below method do you chose for your presentation?

۱. Making speech ۲. poster